

DINNERLY



Low-Cal Spicy Thai Chicken Soup with Vermicelli Noodles and Coriander



25 minutes



2 Servings

Enjoy a nourishing bowl of Thai soup in a few quick and easy steps. Make an aromatic broth with spring onion and coriander, add chicken and shredded carrot, then ladle over noodles to serve.

WHAT WE SEND

- coriander
- 1 spring onion
- 1 carrot
- free-range chicken tenderloins
- 100g vermicelli noodles
- 5g Thai seasoning ¹⁷

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 750ml (3 cups) boiling water
- 1½ tbs soy sauce ⁶

TOOLS

- julienne peeler or box grater
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 465kcal, Fat 9.7g, Carbs 50.3g, Proteins 35.8g



1. Prep ingredients

Pick the **coriander** leaves and finely chop the stems. Thinly slice the **spring onion**. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Thinly slice the **chicken** on an angle.



2. Soak noodles

Put the **noodles** in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until tender. Drain.



3. Stir-fry aromatics

Meanwhile, heat **1 tbs vegetable oil** in a medium saucepan over medium-high heat. Add the **coriander stems**, **garlic**, **half the spring onion** and **2 tsp Thai seasoning** (see Make it yours) and stir-fry for 1 min or until fragrant. Add **750ml (3 cups) boiling water** and bring to the boil. Reduce the heat to medium and cook for 5 mins to develop the flavour.



4. Simmer soup

Add the **chicken** to the broth, season with **salt and pepper** and cook for 2 mins. Add the **carrot** and **1½ tbs soy sauce** and cook for a further 1 min or until the carrot is tender and the chicken is cooked through. Remove the pan from the heat.



5. Serve up

Divide the **noodles** and **soup** among bowls. Top with the **coriander leaves** and **remaining spring onion** and enjoy!



6. Make it yours

Thai seasoning has a chilli kick. For those who prefer less heat, use only half the amount.